



Tools For Action

A sample of physical education initiatives in Wisconsin

Shoot for the Stars

Contact Information

Main Contact Person chris treleven
Title of Main Contact pe teacher
School Name cashton elem
School District Name cashton
Contact Phone Number 634-2725
Contact Email Address trelevenc@cashton.k12.wi.us

Program Information

Program Name shoot for the stars
Program Category a weekly cardiovascular (running) activity
Grade Level Elementary School (K-2); Elementary School (3-5); Middle School (6-8)
Assessment Method Fitness indicator (test scores, miles walked); Impact on bahavior (increase in active minutes or miles walked); Participation rates (number of students involved)

Program Information

Products Developed or Materials Used:

Program Description:

The students walk jog or run laps to fun music. (Encourage jogging of course) Every lap completed is given a straw. At the end of the class period they turn in there straws and get glitter stars tickers. For every 5 straws(LAPS)they get one star.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)

Morgaig@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)

Pesikme@dhfs.state.wi.us (Mary Pesik, Program and Grant Coordinator)